



Data Card Kendamil Stage 1 Organic 800g



Description

Kendamil Organic First Infant Milk is a nutritionally complete breastmilk substitute, uniquely made with organic whole milk fat nutrients and free from palm oil and fish oil, suitable as sole source of nutrition from birth to 6 months and as part of a weaning diet from 6 to 12 months. Exclusively manufactured in the UK using Red-Tractor and Soil Association certified organic whole milk, Kendamil is enriched with plant-based DHA and ARA, making it the only vegetarian friendly baby milk. Kendamil infant milk contains a blend of GOS and HMOs in the form of 3'-GL (galactosylactose) to mimic the natural composition of human breast milk.

Presentation

Kendamil Stage 1 Organic is packaged in a 800g can.

Contraindications

Not suitable for those with allergies to any of the ingredients, galactosaemia or cow's milk intolerance.

IMPORTANT NOTICE

Breastfeeding is the best way to nourish your baby. We recommend that you only use Kendamil Organic First Infant Milk on the advice of your doctor, pharmacist, midwife, health visitor, public health nurse, dietician or other healthcare specialist, based on baby's individual needs. When bottle feeding, do not allow prolonged contact of milk feeds with your baby's teeth as this increases the risk of tooth decay. Make sure your baby's teeth are cleaned each night after the last feed.

Ingredients

For allergens, see ingredients in **bold**.

Organic whole **milk**, Organic demineralised **milk** whey protein powder, Organic skimmed **milk**, Organic vegetable oils (sunflower, coconut, rapeseed), Organic galacto-oligosaccharides (from **milk**), Calcium citrate, Sodium citrate, Potassium chloride, Calcium lactate, Magnesium chloride, Oil from the microalgae Schizochytrium sp., Vitamin C, Potassium hydroxide, Choline bitartrate, Inositol, Oil from Mortierella alpina, Taurine, Nucleotides (cytidine-5'-monophosphate, disodium uridine-5'-monophosphate, adenosine-5'-monophosphate, disodium inosine-5'-monophosphate, disodium guanosine-5'-monophosphate), Iron pyrophosphate, Zinc sulphate, Vitamin E, Niacin, Pantothenic acid, Copper sulphate, Thiamin, Riboflavin, Vitamin A, Vitamin B6, Manganese sulphate, Folic acid, Potassium iodide, Sodium selenite, Vitamin K, Vitamin D3, Biotin, Vitamin B12.



Typical Nutritional Values

		Per 100g	Per 100ml
Energy		2148	277
	kJ		
	kcal	513	66
Fat	g	27.4	3.5
of which:			
- saturates	g	9.7	1.3
- unsaturates	g	17.7	2.3
Omega 3			
α-Linolenic Acid (ALA)	mg	430	55.5
Docosahexaenoic Acid (DHA - LCP)	mg	125	16.1
Omega 6			
Linoleic Acid	mg	4515	582
Arachidonic Acid (AA - LCP)	mg	62	8
Total Carbohydrate	g	54	7
of which sugars*	g	52	6.7
of which lactose	g	50	6.5
Fibre	g	1.8	0.23
of which Galacto-oligosaccharides of which 3'GL**	g	1.7	0.22
Protein (N x 6.25)	g	0.06	0.01
- Whey protein	g	11.2	1.4
- Casein protein	g	6.4	0.8
	g	4.6	0.6
Vitamins			
Vitamin A	mcg-RE	390	50
Vitamin D3	mcg	10.4	1.3
Vitamin E	mg-α-TE	10.5	1.4
Vitamin K	mcg	28	3.6
Vitamin C	mg	70	9
Thiamin	mg	0.5	0.06
Riboflavin	mg	1.4	0.18
Niacin	mg	4.7	0.6
Vitamin B6	mg	0.4	0.05
Folate (DFE)	mcg (DFE)	150	19.3
Vitamin B12	mcg	1.3	0.16
Pantothenic Acid	mg	3.8	0.49
Biotin	mcg	14	1.8
Minerals			
Sodium	mg	190	24.5
Potassium	mg	520	67
Chloride	mg	385	49.6
Calcium	mg	350	45.2
Phosphorous	mg	185	23.8
Magnesium	mg	50	6.4
Iron	mg	5.3	0.7
Zinc	mg	3.9	0.5
Copper	mg	0.4	0.052
Iodine	mcg	95	12.3
Selenium	mcg	18	2.3
Manganese	mcg	70	9
Fluoride	mg	<0.1	<0.015
Others			
Taurine	mg	45	5.8
Choline	mg	155	20
Inositol	mg	90	11.6
L- Carnitine (naturally occurring)	mg	6.8	0.9
Nucleotides	mg	22	2.8
*Sugars derived from milk			
**Galactosylactose			

Shelf Life

24 months from date of manufacture.

Suggested Dosage

(1 level scoop = 4.3g) Add 1 level scoop of powder to each 30 ml of water.

Approximate age of baby	Approximate weight of baby	Amount of freshly boiled and cooled water per feed	Number of scoops per feed	Feeds per 24 hours
	kg	ml		
Birth-1 week	3.0	70	3	6
1-4 weeks	3.5	120	4	5
1-2 months	4.5	120	4	5
3 months	5.5	150	5	5
4-5 months	6.5	180	6	5
6 months	8	210	7	4
7-12 months	-	210	7	3

This feeding table should only be used as a guide. All babies are different and so may require more or less than is shown below. Kendamil 1 Organic Milk should be fed on demand. If you need more advice talk to your healthcare professional. Use the correct amount of levelled scoops as directed. Using too much, or too little can make your baby ill.

Storage

Store in a cool dry place before and after opening. Packaged in a protective atmosphere. For best before, see base of can. Use within 4 weeks of opening. Do not refrigerate and do not freeze.

Preparation

1. Wash hands, then sterilise your feeding utensils according to manufacturer's instructions.
2. Fill kettle with 1 litre of freshly run tap water (do not use repeatedly boiled water). Boil and leave to cool for 30 minutes, so it remains at a temperature of at least 70°C. Measure the required water into a sterilised bottle.
3. Using the scoop provided, add the correct number of levelled scoops to the bottle. Use the straight edge inside the lid to level each scoop.
4. Place a sterilised teat and cap on the bottle and shake well to dissolve powder.
5. Cool to a natural body temperature by running the bottle (lid on) under cold running water. Always test the temperature of the formula on the inside of your wrist.

If feed has not been used within 2 hours, we recommend that you throw it away and start again. Do not add food products such as cows' milk and **do not re-heat in a microwave.**

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